

# Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 200 Individual Medley - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:27.71	561	F	13/12/14	NASLS2014 Round Three	Bexleyheath	Shepway SC	3
2:28.10	557	F	08/11/14	NASL2014 Round 2	Gillingham	Shepway SC	4
2:29.14	545	H	01/03/15	2015 Kent County Swimming Championships	Gillingham		2
2:29.73	539	H	01/03/14	BG Kent ASA Swimming Championships	Gillingham	Folkestone	2
2:29.89	537	F	11/10/14	National Swimming Arena South 2014 R 1	Canterbury	Shepway SC	3
2:30.93	526	H	02/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
2:31.24	523	H	05/10/14	East Invicta Annual Championships	Canterbury		3
2:31.86	516	H	11/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	Folkestone	3
2:31.86	516	F	11/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	Folkestone	3
2:32.49	510	F	18/03/12	Sussex County Championships	Crawley	Folkestone	2
2:32.59	509	H	18/03/12	Sussex County Championships	Crawley	Folkestone	2
2:33.21	503	H	04/10/15	East Invicta Annual Championships	Canterbury		2
2:33.72	498	H	06/10/13	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
2:34.06	494	F	08/10/16	NASL South	Beckenham	Shepway SC	3
2:34.16	493	H	23/06/14	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
2:34.69	488	H	19/05/13	East Invicta ASA Development Gala 2013	Dover	Folkestone	4
2:34.89	486	F	09/07/16	Terry Fitzgerald Memorial Open Meet 2016	Hastings		3
2:35.74	479	H	07/01/12	Icebreaker 2012	Canterbury	Folkestone	3
2:35.75	478	H	22/10/11	1066 Swimmers Club Championships	Hastings	Folkestone	4
2:36.16	475	F	12/11/16	NASLS Round 2	Bexleyheath	Shepway SC	3
2:36.46	472		10/02/13	Rugby Open Meet 2013	Rugby	Folkestone	3
2:37.04	467	F	10/12/16	NASLS - Round 3	Dover	Shepway SC	3
2:37.15	466		01/05/11	Rugby SC Open Meet 2011	Rugby	Folkestone	3
2:40.74	435		25/09/11	Littlehampton SC Development Chaser	Felpham	Folkestone	3
2:40.93	434	H	20/03/11	Sussex County Championships	Crawley	Folkestone	2
2:41.67	428	H	02/10/11	East Invicta Championships	Canterbury	Folkestone	2
2:42.28	422	H	11/06/10	Folkestone Sports Centre Club Championships	Folkestone		4

2:42.28	423	H	14/06/19	Folkestone Sports Centre Club Championships	Folkestone		
2:42.93	418	H	31/10/10	Sussex County Development	Brighton	Folkestone	4
2:43.06	417	H	12/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
2:44.19	408	H	16/01/11	Brighton Tom Handley Memorial Meet	Brighton	Folkestone	2
2:45.86	396	F	05/12/10	Atlantis Xmas Open Meet	Horsham	Folkestone	2
2:46.58	391	H	08/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
2:50.33	366	F	02/05/10	Atlantis Spring Open Meet	Horsham	Folkestone	3
2:51.81	356	H	03/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
2:52.60	351		25/04/10	Littlehampton Qualifier	Felpham	Folkestone	2
2:54.39	341		26/09/10	Littlehampton Develop Meet	Feltham	Folkestone	3
2:57.12	325	H	20/06/10	Cranleigh Summer Open	Cranleigh	Folkestone	3
3:06.04	281	H	04/10/09	Cranleigh Open Meet	Horsham	Folkestone	3
3:06.15	280	H	01/11/09	Sussex County Development	Brighton	Folkestone	3
3:09.69	265	H	10/01/09	Icebreaker Meet	Canterbury	Folkestone	1
3:11.79	256		27/09/09	Littlehampton Open Meet	Bognor Regis	Folkestone	2

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